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ABSTRACT

Sexual assault is a trauma that affects the entire family as well as the individuals involved. It is a social disease that alters human development and the ability to relate to others. Without treatment, the effects of abuse can progressively undermine and overwhelm all areas of both the abused individual's and the family's functioning. This book is written for anyone (i.e., mental health therapist, advocate, school counselor, clergy) trained to facilitate support or therapy groups for sexually abused children. It is intended to be used with group work but most of the exercises can use when working with children in individual therapy. Following an Introduction and Orientation to Group Work, the book offers chapters on group exercises in the following areas: Safety and Trust; Self-Esteem; Internal and External Boundaries; Dynamics of Sexual Abuse; Trigger Response; Healthy Body Image; and Closing Exercises. In each exercise chapter, there is an introduction as to why a particular goal is an important focus when working with sexually abused children. At the end of each exercise is a section headed "Hints" which includes information about what to do if participants are not responding or if there are other ways to do the exercise. Appendix One is Sample of Group Outlines. (Contains 26 references.) (Author/JDM)

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